

polio living

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Eisenhower

Presented

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Making Money

One of the most important problems that often confronts a physically handicapped person is that of earning money. Beginning in this issue are articles that may be able to help someone, maybe you, find the answer to this problem. These stories are not "get rich quick" schemes, or theories from books. They are actual stories told by the handicapped people themselves.

This is another way POLIO LIVING is proving its real value to readers, by providing specific information and by not only demonstrating that easier living is possible, but telling how.

In our files are hundreds of stor-

ies and letters from readers telling how they have been helped by POLIO LIVING. There is positive proven value in reading about what people with other handicaps are doing and the ideas they have developed.

JOB OPPORTUNITIES

Beginning in the Winter issue POLIO LIVING will list, free of charge, specific job openings for handicapped people. Listing will include company name, address, job or position open, salary or hourly wage, and name of person to contact.



TO HELP YOU GO AHEAD TO BETTER LIVING

POLIO LIVING is a national magazine dedicated to serving all persons who have had poliomyelitis, their families and their friends, regardless of race, religion or creed. POLIO LIVING is published and edited by persons having had poliomyelitis with the firm belief that by sharing experiences and feelings, persons having had poliomyelitis can help each other. Furthermore, the profit from POLIO LIVING Magazine will be used for the furthering of polio rehabilitation facilities.

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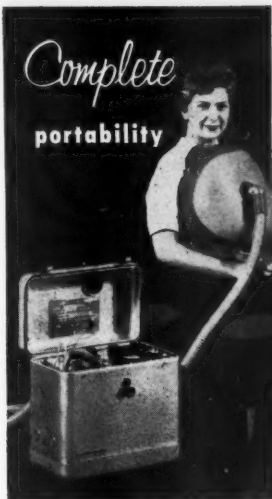
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Vol. 2, No. 2



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**Inquiries from organizations
are invited.**

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President Eisenhower was presented a copy of **POLIO LIVING** by publisher and editor, Ray Cheever.

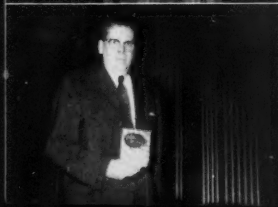
Employing the Handicapped

The annual meeting of the President's Committee on Employment of the Physically Handicapped was held May 23 and 24 in Washington, D. C. and was considered a very well-organized and informational meeting.

Furnishing proper information to employers and the public through local committees was considered to be the immediate and most important job.

President Eisenhower closed his address by saying, "I gain confidence and inspiration of my own when I see what these handicapped people are doing and the things they are accomplishing".

1-Maj. Gen. Melvin J. Maas, U.S.M.C.R., Ret., Chairman of the President's Committee, welcomes everyone aboard. 2-"Physically handicapped workers are useful contributing citizens". 3-John Charles Daly, V.P., American Broadcasting Co., gave "A Report To the Nation". 4-The honorable James P. Mitchell, Secretary of Labor, posed with **POLIO LIVING**. 5-Hugo Deffner receives 1957 President's trophy as "Handicapped Man of the Year". Mr. Deffner, a polio, has conducted a campaign for the elimination of steps in public buildings. 6-Employing the handicapped without prejudice is basic to the very ideals on which America was built.



Living Lines...

"The patients at this Respirator Center have asked me to send you copies (under separate cover) of their publication, 'THE GULPERS' GAZETTE.' POLIO LIVING is highly regarded by the patients who eagerly read each issue as soon as I take it around to them."

Mrs. Paul D. Legomarcino
Chronic Disease Research Institute
Buffalo, New York

"This is just a short note to let you know how much our family enjoys your magazine. I think it is a fine thing, not only for polios—but for their families. I have learned a lot from the articles. I was wondering, is there some way to have a page for small polios in your magazine?"

Mrs. R. L. Hurst
San Antonio, Texas

Good idea! We are looking for a qualified writer for a children's page.

"Suddenly your fine little publication POLIO LIVING has appeared on my desk at home. I am delighted to see it and would like to have it come regularly to our Assn. office. Today occupational therapy is available in some center in almost all corners of India and is still growing and spreading."

Kamala V. Nimbkar, O. T. R.
President
The All India Occupational
Therapists, Association
Bombay, India

"As to your article, SPECIAL TREATMENT?, I am forced to disagree with you. I support H.R. 1154 simply because I believe it embodies the best opportunity for obtaining tax relief for the physically handicapped at the moment. A better bill may be written, but I don't believe one has so far. POLIO LIVING is a very interesting publication and fills a definite need. I wish you continued success with it."

Modie H. Thurmond
Cuba, Missouri

"Your article on the Keogh Bill, in POLIO LIVING, Summer, 1957, has come to my attention. It appears to me that it contains a glaring example of fallacious reasoning. You refer to the conception of equality as regards the handicapped vis a vis the non-handicapped, and in absolute terms. Analyze your premise carefully, and you will see how wrong you are. Equality, as anything else is relative, and subject to limitations. It can be attained, but relative to other conditions. In our case, the conditions are, wheel chairs, crutches, canes, braces, hand controlled autos. In the last analysis, no piece of legislation will satisfy every one. HR 1154 is a compromise bill."

Seymour Edelman
Malverne, New York

"Enjoyed your magazine, especially the article on the income tax bill. I feel exactly as you do. We, the handicapped, must not ask for special favors. We must carry our share of the load."

Meyer Pertcheck
Employment Counselor
Toledo, Ohio

(Continued on next page)



"You get in there Brorski and develop the Salk vaccinell!"

"I especially liked the feature on the wheelchair home. Perhaps you can run a steady feature on this subject."

Morris G. McGee

President

The National Paraplegia Foundation
New York

"As I read your editorial, "Exploiting the Handicapped," in *POLIO LIVING* I would add another category of exploitation. I refer to the employer who is satisfied to hire a very severely handicapped person and then leans back happily to view his major contribution to human welfare. You and I know of such instances."

K. Vernon Banta

Deputy Executive Secretary

The President's Committee on
Employment of the Physically
Handicapped
Washington, D.C.

"Enclosed is the \$2.00 for the one year subscription for *POLIO LIVING* that was ordered for Valeri Blake. She is a post-polio who came to this office for a visit and liked the magazine so much that I subscribed to it for her."

J. D. Miller, Jr.

Office of Vocational Rehabilitation
Texas Education Agency
Galveston, Texas

"It is always my good fortune to see current issues of this publication for it is quite popular among our patients. They find the little magazine both interesting and helpful and not infrequently call my attention to some article or paragraph published in it which was of special interest to them.

The majority of the more recent, and many of the earlier patients, have become familiar with the magazine and look forward to the appearance of each edition. They have learned to appreciate the personal, human interest features of the articles, since frequently they have experienced many of the same emotional sensations and adjustments described in some sections of the magazine. Reading articles of this kind induces a better understanding and greater friendship



"He says watching the horrified expressions is half the fun."

among fellow polio patients, to say nothing of the benefits obtained from the good tips they often receive from reading this magazine. These suggestions quite commonly enable them to increase the efficiency of their performance and enhances their pleasure in living. Complimentary remarks of many patients are frequently made to me regarding a favorable reaction aroused by stories and comments published in *POLIO LIVING*. Personally, the magazine supplies me with a great deal of pleasure in two ways, namely: reading comments, suggestions, recommendations, and descriptive narratives by former patients whom I have not seen nor heard from for quite some time, and secondly, reading the column on new products and services. New ideas and suggestions are passed on unselfishly to others.

I wish you every success in the future publication "For Polios by Polios."

O. Leonard Huddleston, M.D.

Medical Director

California Rehabilitation Center
Santa Monica, California

Minds Make Money

These two young business people are marking up sales records although completely paralyzed from the neck down.

Tommy Robertson went into his own Texas gift fruit business after he had polio in 1951. Tommy handles most of his own correspondence and types his mailing lists (numbering in the hundreds) by using a stylus in his mouth. He sells fancy gift fruit, ruby red and white grapefruit and Texas golden oranges.

Editors note: You can write Tommy Robertson at 1720 Miller, Mission, Texas and Grace Layton, Box 389, Valley City, North Dakota.



Grace Layton has used her outstanding artistic talents to start her own note paper and Christmas card business since having polio in 1950. She receives orders from all 48 states and Canada and employs a part-time stenographer who takes dictation and makes up orders. This fall Grace has assortments of Christmas and all occasion cards and note paper. All assortments are \$1.25. Shown is one of her cards drawn with a pencil held in her mouth.



Wheelchair Housewife

This is another in a series of stories of home wheelchair living and comes to us from John E. Affeldt, M. D., Medical Director of the Rancho Los Amigos Respirator Center in Hondo, California. Dr. Affeldt said, "Some of the devices shown here would be rather easily duplicated by handicapped persons who might not have seen these devices previously and thus

improve their level of independence in their home".

Christina Jeffs is leading a very successful and happy life as a housewife and mother of 3 children. As these pictures demonstrate she can do most of her own housework and can satisfy many of the demands of her little ones when they say, "Mommy, c'mere a minute".



EGG BEATER. Christina's egg beater is attached to a wooden base which fits around the bowl. This base has suction cups so that the beater can be operated with one hand, and beater and bowl remain stationary. She finds it convenient to use a metal tray as a working surface.



REACHING SCISSORS. These elongated scissors made of plywood, enable her to reach containers and dishes on high shelves in her kitchen. These are easily and quickly made and small pieces of foam rubber glued on the ends help to pick things up.



DUSTING FLOORS. Christina is able to dust her floors from her wheelchair using a standard commercial dust mop. Notice how some of her dishes are within easy reach and are convenient to the table.



FEEDING THE BABY. Her little son is fed by approaching his high chair from the side. She uses a metal tray across the arms of her chair to hold the food and supports her elbow on the arm of her chair.



MAKING BEDS. Christina and her daughter, age 5, share the bedmaking honors. They have all found that family teamwork really pays off. The beds are spaced so that they are readily accessible.



PUTTING UP HAIR. Here she is putting up her little girl's hair using a Rancho Los Amigos ball bearing feeder (attached to the right side of the wheelchair) to assist her right arm in getting into the proper position.

You Are The Jury

These are the opinions and advice of people who share common problems. Through the pages of this magazine they are able to give others the benefit of their experiences.

CASE NO. 3

I've had polio 18 years and today, after five operations on my arms, can use one fairly well. I spend eight hours a day sitting in a wheel chair and have spent 18 hours in it without exhaustion. I wear back and leg braces. My problem is my financial dependence on my parents. With the physical help I need in daily living I have come to the conclusion no matter what I do at home, I will never earn enough to hire an attendant to replace my mother's assistance and pay for the management of an apartment. I spend my time now on charitable work which is without remuneration financially. When I was tested for aptitude at a rehabilitation center my interests were people and social work. I rated high in leadership which I had the opportunity to display when I was elected president of the student body of 300 at the center. Could anyone advise me how to become financially independent in social or personnel work while I am physically dependent. My appearance is good, the small community in which I live respects me, I'd have excellent references, and no enemies and malice toward none.

You are the Jury: What advice would you give to this young lady in case #3?

Send your opinion (before October 31) to: You Are The Jury, POLIO LIVING, 12 Ryan Drive, Bloomington, Illinois. These opinions will be presented in the Winter 1957 issue.

YOU CAN WIN \$5.00

Do you have any problems? Others who have had similar experiences may be able to help you and give you the benefit of their experience. Names and places are never used. You can win \$5.00 if your "case" is chosen to appear in "You Are The Jury".

Here's What The Jury Said to Case No. 2

(Case No. 2: Mrs. Brown had polio in 1955. Her severe involvement left her life a well-designed machine—with few moving parts. Since her family consists of husband and five small children, Mrs. Brown has to have a live-in housekeeper-attendant. She is utterly disgusted with those she has tried for this position. They are invariably lazy and inefficient; they steal; they mix the baby's clothes with her husband's, and they consume food like pigs! She has hired and fired until she has exhausted her imagination. Where and how does one hire satisfactory help? Mrs. Brown appeals to POLIO LIVING readers and welcomes any and all suggestions.)

"I too know the frustration of inefficient help. But quite by accident we acquired a wonderful woman. She was a Seventh Day Adventist. After she came to us I discovered that their churches maintain their own hospitals. She had three years training and worked a number of years in one of their hospitals for old and handicapped people. She knew how to move me from bed to wheel chair to the bath tub etc. They are very devout and devote their lives to helping others. I have since talked to other polios who have had Seventh Day Adventists in their homes. They were all very pleased and grateful for their help.

We were a difficult family to care for. Since my husband and I were both polios, [we are graduates of the class of 1952] he was up and around, but very weak. I had complete involvement breathing, legs and arms. You can contact any Seventh Day Adventist Church and they will try to help you find the right person."

Mrs. Lois Baker
Oklahoma

• • •

"I read with great amusement and sincere understanding of the Case #2 presented in the latest issue of POLIO LIVING. My wife, Kathy, has been an Iron Lung and Rocking Bed polio patient for 3 years and since her return home 2 years ago we have been faced with a similar problem. Looking back now it has been amusing but at the time it was not that way at all. Our first experience at having someone in our employ was a corker. To make a long story short she was wanted by the Police in at least 3 towns. I even had an interview with the FBI in regards to this person although this was 2 weeks after she had left our employ. Then we had one who drank up my best Bourbon and my coldest can of beer. All this while taking care of my wife—who couldn't take a breath without the aid of the Monaghan or Rocking Bed.

Needless to say, she was scared nearly to death on many occasions. All in all, we have had six or seven aides in the last 2 years so my personal feeling is this:

6 Months seems to be the life of a Polio attendant. About the fifth month I start inquiring around for someone reliable and interested in home care for a Polio patient. Then, I just sit back and hope and pray things will work out."

Wm. G. Alcorn
California

• • •

"The discussion in this case concerned the housekeeping problems of Mrs. Brown. A committee was made up of nine polio women with similar problems, and two polio men. Following is our composite opinion, with suggestions:

Will Mrs. Brown please remember that this is an honest effort to help her? If our criticisms seem harsh, may she please forgive us, but realize that some frank and wonderful counselors may have had to tell us these same things at one time.

We feel that most of Mrs. Brown's trouble lies not with the housekeepers she has tried, but within herself. She is full

of bitterness and resentment, subconsciously blaming others for her condition. No housekeeper will please her, or indeed try, until she rids herself of these feelings. Mrs. Brown is not unique. We have all experienced this "period of adjustment". It is not easy to change from healthy, efficient housewife and mother to remote controller.

Listed here are some suggestions for Mrs. Brown:

1. Try to be easy to please!
2. Be co-operative. Try to make your housekeeper's work as easy and enjoyable as possible. Be definite about what she may or may not have for lunch or snacks. Of course, mark your children's clothes with laundry ink! Help in every conceivable way! Try to LIKE the housekeeper. None of us are perfect. If you object to any of her habits, discuss them with her honestly and frankly—but don't sit and silently hate her. If she fails to correct these habits to your satisfaction, you are correct in discharging her.
4. Pay a fair wage, and state what meals and/or lodging are included. Give her free time which she can depend upon.
5. Be reasonable about work hours and time off. Don't expect an employee to be as avid about keeping your house as you were. It is only a job to her. Keep your relationship on a business level.
6. Which method you use to secure a housekeeper is immaterial. You may find a "jewel" anywhere!
7. Be more lavish with compliments than with criticisms. Some people will work harder for a sincere compliment than for a dollar.
8. Be appreciative and **show it!** Teach your husband and children to be likewise.
9. Exercise your sense of humor. It is a powerful antidote for domestic friction. Laugh off little annoyances. Life is too short to waste any of it nagging!
10. Develop in yourself an irresistible cheerfulness. It infects others. Force

yourself a little if you must. Sing whether you feel like it or not! Maybe you were cheerful before polio—maybe not. Now you **have** to be unless you are the rare person who can enjoy being pitied.

We suggest, if Mrs. Brown has not already done so, that she read Dr. Norman Vincent Peale's "Power of Positive Thinking".

Ask Mrs. Brown to count her blessings. Five children! How wonderful! What endless opportunities to help—to love—to influence! A husband—thank God for men! Blessings have a way of multiplying the more you count them.

From a practical viewpoint, is it possible for Mrs. Brown to employ two helpers? Several of our committee get much better results by dividing the hours of nursing and household duties between two part-time employees.

Our discussion group came to the unanimous conclusion that it is far more tragic for the family as a whole to have the father incapacitated than for the mother to be a similarly handicapped, assuming, of course, that he is the breadwinner. The readjustment, we believe, is much more difficult for a man if he loses his earning power or must learn a different skill. A woman, even totally paralyzed and encased in a respirator (as are two members of our committee) can still direct and efficiently manage her household and family, with one or more helpers who need not represent perfection, PROVIDED that the polio woman has been able to overcome devastating bitterness and resentment of her condition.

Lastly, and we believe most imperative, does Mrs. Brown believe in the power of prayer? If so, she knows that faith brings the solution to all problems. Please tell Mrs. Brown that along with our advice go our best wishes to her and her family. Our fervent prayer will be that she will soon become well adjusted, and, like we are, be happy in spite of it all!"

Mrs. Floy Schoenfelder
California

Porch Elevator



This porch elevator was built for under \$200. Sam Zimmerman (pictured) used a hydraulic pump and cylinder. A sheet metalworker made the platform. The lift goes up 20 inches and is controlled by a two-way switch on the wall of the house which is easily reached from either the up or down position.

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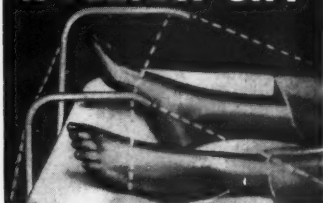
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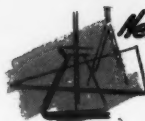
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